



Madison Health Department  
June 8, 2015

**The CDC has issued an official health advisory after reports of antibiotic resistant Shigellosis**, a diarrheal disease caused by a group of bacteria called *Shigella*. Most cases have been reported among gay, bisexual, and other men who have sex with men (collectively referred to as MSM) in Illinois, Minnesota, and Montana and among international travelers, but cases are also occurring among other populations.

**Shigellosis is very contagious and can spread quickly through communities.**

#### **How is Shigella spread?**

*Shigella* germs are present in the stools of infected persons while they have diarrhea and for up to a week or two after the diarrhea has gone away. Transmission can happen when:

- Contaminated hands touch your food or mouth.
- Eating food contaminated with *Shigella*. Food may become contaminated if food handlers have shigellosis.
- Swallowing recreational (for example lake or river water while swimming) or drinking water that was contaminated by infected fecal matter.
- Exposure to feces through sexual contact.

#### **Prevention Recommendations**

- Always practice good hygiene, such as washing hands with soap before preparing food or eating and after using the toilet, and follow the recommendations below.

##### **Childcare centers should:**

- Ensure handwashing stations are at the appropriate height for young children, well-stocked with soap and paper towels, and located near diapering, toilet, food preparation, and dining areas.
- Require handwashing among children and staff upon arrival at the facility, after diaper changes and toileting, after outdoor play, before eating, and before departing the facility.
- Assign separate staff to food preparation and diapering.
- Avoid providing wading pools or basins of water for sensory play.
- Exclude children and staff with diarrhea as directed by local ordinances.

##### **MSM should:**

- Avoid sex while ill or while partners are ill with diarrhea and for a few weeks after recovering.
- Wash entire body with soap before and after sex.
- Use proper barriers during sexual activity such as dental dams, gloves and condoms.

**\*For more information on Shigellosis and ways to prevent transmission visit:**

**<http://www.cdc.gov/shigella/index.html>, or contact the Madison Health Department at 973-593-307**